

Day 4

Check in/attendance

Stretch out with partner or by self

Choose equipment-bow, quiver, and arrows, arm guard finger tab

Make sure arrows are different from partner you share target with

Students who are early can shoot warm up rounds-assign one student as range director

1. Assign partners to targets-have them introduce themselves-shoot from red line
2. Move back firing line to 15 yards from target
3. Review plucking and creeping -follow through technique - correct stance
4. Review pointing inside of elbow joint down toward floor to create bend
5. Anchoring just below jaw-string in line w/ nose/bow
6. Shoot 2 warm up rounds giving commands -emphasize "grouping"
7. Introduce setting sight on bow
8. Shoot 6 ends trying to group arrows at own pace.
9. Introduce scoring and card - emphasize tracking where each arrow lands on target - look for pattern
10. Review self checks on back
11. Preview next class - scoring 6 rounds
12. Return Equipment